

Inclusion of rainbow rangatahi in community sport

The Perceptions

You can tell someone's gender or sex just by observing their clothing, hair, how they talk or behave.

As a part of their uniform, boys need to wear shorts and girls need to wear skirts.

Transgender women have an unfair advantage in sports.

Allowing transgender women to compete will lead to a decrease in women's sports participation and inequities for cisgender women.

Inclusion of transgender participants poses safety risks to cisgender participants.

It's too complicated to implement transgender inclusion policies in community sport.

The Facts

We are assumed to be a particular gender at birth based on our sex characteristics, for example, our parents are told "it's a girl!" or "it's a boy!", but not everyone's gender is the same as that which was assumed. Gender is also understood differently across cultures and throughout history. With this understanding, it's important to note we cannot immediately know a person's gender just by looking at them.

Letting players pick their own uniforms is not only safer and more inclusive for trans people, it's also beneficial for all young people who wish to wear clothing they feel most comfortable in.

There is no conclusive evidence that transgender women have an advantage over cisgender peers in community sport. Transgender participants vary in athletic ability just like cisgender participants, and they have the same right to participate as everyone else.

There is no conclusive evidence that transgender inclusion has resulted in a decline in women's sports participation. Allowing transgender individuals to participate in a sport category that aligns with their gender identity instead leads to an increase in participation for the New Zealand population as a whole.

Transgender participants pose no more risk to cisgender participants than any other people. Including transgender participants benefits everyone by promoting the values of non-discrimination and inclusion among all participants.

Transgender inclusion policies in community sport aim to promote inclusion for everyone. While there can be complexities, many sports organisations in New Zealand and world-wide have successfully implemented inclusive policies that accommodate transgender people while ensuring fair competition.